

FOR IMMEDIATE RELEASE

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Seasonal Savings

As the days heat up and the sun is in the sky longer, one might say that spring has sprung. Now, whether you trust the groundhog's seasonal wisdom or not, there is no denying that many are eager for spring to arrive. Lots of great things come with springtime: longer days full of sunshine, perfect walking weather, and the start of spring seasonal produce! Personally, spring seasonal produce is my favorite!

Are you someone who limits your produce at the store because you think it's too expensive? Purchasing your produce in the right season assures you are getting the best **price, flavor, and nutrition.**

Spring/Early Summer Produce:

- **Mid to late April** – arugula, asparagus, lettuce, plants, radish, salad mix, spinach, scallions, mushrooms.
- **Early to mid-May** – asparagus, brussels sprouts, lettuce, scallions, spinach, radish.
- **Mid to late May** – brussels sprouts, arugula, gooseberries, collards, onions, peas, rhubarb, lettuce, scallions, spinach.
- **Early to mid-June** – cauliflower, arugula, collards, green onions, kohlrabi, rhubarb, turnips, endive, gooseberries, apricots, arugula, bok choy, cherries.
- **Mid to late June** – apricots, beets, cabbage, carrots, cauliflower, cherries, kohlrabi, strawberries, broccoli, potatoes, turnips, chard.
- **Early to mid-July** – apricots, beets, broccoli, blueberries, carrots, cauliflower, summer squash, chard, tomatoes, elderberry, fennel, broccoli, leeks, bok choy, cantaloupe, cabbage, cucumbers, eggplant, nectarines, peaches, pears, peppers, plums, potatoes, raspberries, strawberries, honey, kohlrabi, turnip.

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